

STSN GOVT DEGREE COLLEGE, KADIRI
WORKSHOP
ON
YOGA
ORGANISED BY
PHYSICAL EDUCATION & NATIONAL SERVICE
SCHEME
(21 JUNE, 2022)

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The Department of Physical Education and National Service Scheme of STSN Govt Degree College organised workshop on YOGA on the eve of International YOGA Day on 21st June, 2022.

Objectives and Learning outcomes:

- To give more awareness on YOGA and its uses
- to self-reflect, control the breath, achieve deep relaxation, and grow through meditation etc
- To give better mental, emotional and physical health as we challenge the mind and body through a sequence of yoga Asanas.

YOGA and Its Importance:

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yoga is a physical, mental and spiritual practice that originated in ancient India. First codified by the sage Patanjali in his Yoga Sutras.

International Yoga Day is celebrated on 21st June annually. The whole world comes together and practices Yoga Asanas on this day for better health and well-being. The theme for 2022 is “Yoga for humanity“. This year’s theme of international yoga day will focus on the importance of yoga in serving better mental health in our life. “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being.

It is not about exercise but to discover a sense of oneness with you, the world, and nature. Changing our lifestyle and creating consciousness, can help in well-being. Over the last few decades, there has been an upsurge in the prevalence of yoga. Medical professionals and celebrities are also adopting and recommending the regular practice of yoga due its various benefits. Yoga is not a religion; it's a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being; Yoga helps in developing the balance between all the three as stated in Ayurveda in India. Other forms of exercise, like aerobics, only assure physical wellbeing. These exercises have very little to do with the improvement of spiritual or astral body.

Yoga is not just about bending or twisting the body and holding the breath. It is a technique to bring you into a state where you see and experience reality simply the way it is. If you enable your energies to become exuberant and ecstatic, your sensory body expands. The founder of Yoga, Patanjali stated, "Sthiram Sukham Asanam." It implies that a posture that appears to be firm and agreeable is your asana. You may be astounded to know that an asana is just a preliminary step into the act of yoga. It is a way that encourages you to achieve the greater good. Yoga focuses on idealizing concordance between your mind, body, and soul. When you adjust yourself so everything functions brilliantly within you, you will draw out the best of your capabilities.

Some of the Advantages of Yoga are as follows:

- Improves brain function
- Lower stress levels
- Alters gene expression
- Increases flexibility
- Lowers blood pressure
- Improves lung capacity
- Relieves anxiety
- Relieves chronic back pain
- Lowers blood sugar in diabetics
- Improves sense of balance
- Stronger bones

- Healthy weight
- Lowers risk of heart diseases

Yoga as a practice has innumerable benefits that positively affect an individual both physically and mentally. The YOGA Trainer has given some tips and practical experience. The above benefits are may be understand by the Participants and they me get the benefits of the programme. Finally the programme was grand success.



Yoga Workshop Photos





YOGA Master and Experts at Workshop



YOGA Practice

Students at Shusumna Kriya Yoga, invited from Bangalore.